## Claims

- Use of whey permeate for producing a pharmaceutical composition for the prophylaxis or treatment of symptoms of metabolic syndrome or type 2 diabetes or of secondary diseases thereof in a mammal.
- 2. The use according to claim 1, wherein the symptoms are selected from glucose intolerance or insulin resistance.
- 3. The use according to claim 1, wherein the secondary diseases are selected from arteriosclerosis, coronary insufficiency, arterial occlusive diseases, myocardial infarction, xanthomas, abdominal discomfort, splenohepatomegaly, pancreatitis, retinal lipemia, stroke, or kidney failure.
- 4. The use according to any one of claims 1 to 3, wherein the whey permeate is sweet whey permeate.
- 5. The use according to any one of claims 1 4, wherein the whey permeate is reduced in lactose.
- 6. The use according to any one of claims 1 to 5, wherein the composition is microencapsulated.
- 7. The use according to any one of claims 1 to 6, wherein the composition is formed as an oral form of administration.

- 8. The use according to any one of claims 1 to 7, wherein the oral form of administration is a lozenge, a powder, granules, a syrup or a juice.
- 9. The use according to any one of claims 1 to 8, wherein the composition further is a food supplement.
- 10. The use according to claim 9, wherein the foodstuffs are dietary foodstuffs or food supplements.
- 11. The use according to any one of claims 1 to 10, wherein the composition further comprises pharmaceutically acceptable additives and/or carriers.
- 12. The use according to any one of claims 1 to 11, wherein the mammal is a human.
- 13. The use according to any one of claims 1 to 12, wherein the whey permeate is hydrolyzed.
- 14. The use according to any one of claims 1 to 13, wherein the whey permeate is partially hydrolyzed.